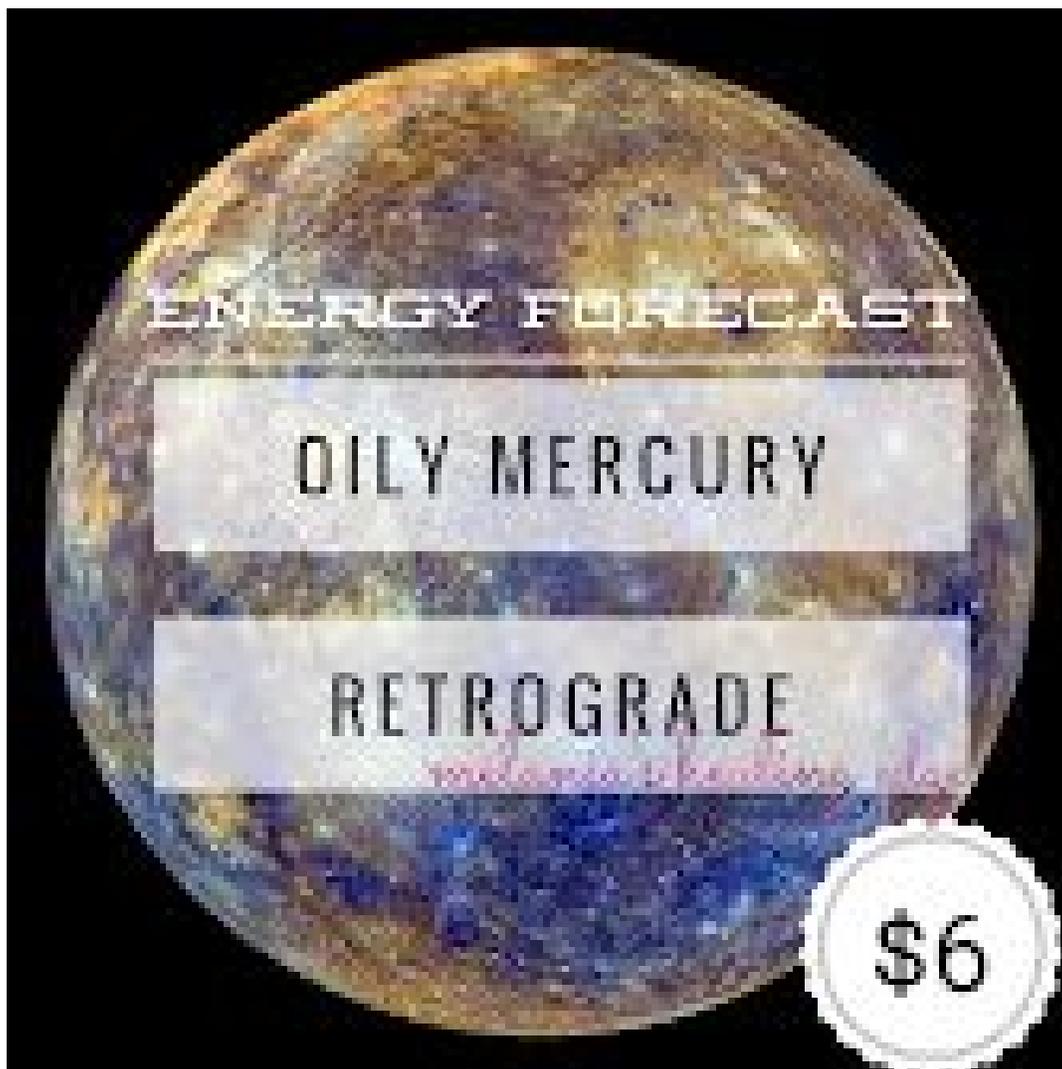


Learn How to Manage these energies through the Zodiac with the help of Essential Oils



© 2019 Mersades Nunez all rights reserved

By making this purchase you agree not to resell, share nor publish any portion of this copyright protected material in any form of physical nor digital media created by Mersades Nunez DBA Melania Mersades and Melania's Healing Edge.

~Oily Mercury Retrograde~

Thank you for your purchase!



Happy Mercury Retrograde Season!

My name is *Melania Mersades* and I live my life in service to the world as an Energy Intuitive. I am known to the elders as an Indigo Warrior and my mission is to assist in the evolution of human consciousness through the healing arts. And therefore, I share with you a way to harness the energy of the planet Mercury during its retrograde phase to alchemize your misfortunes and turn them into miracles.

This is an energetic ~forecast.

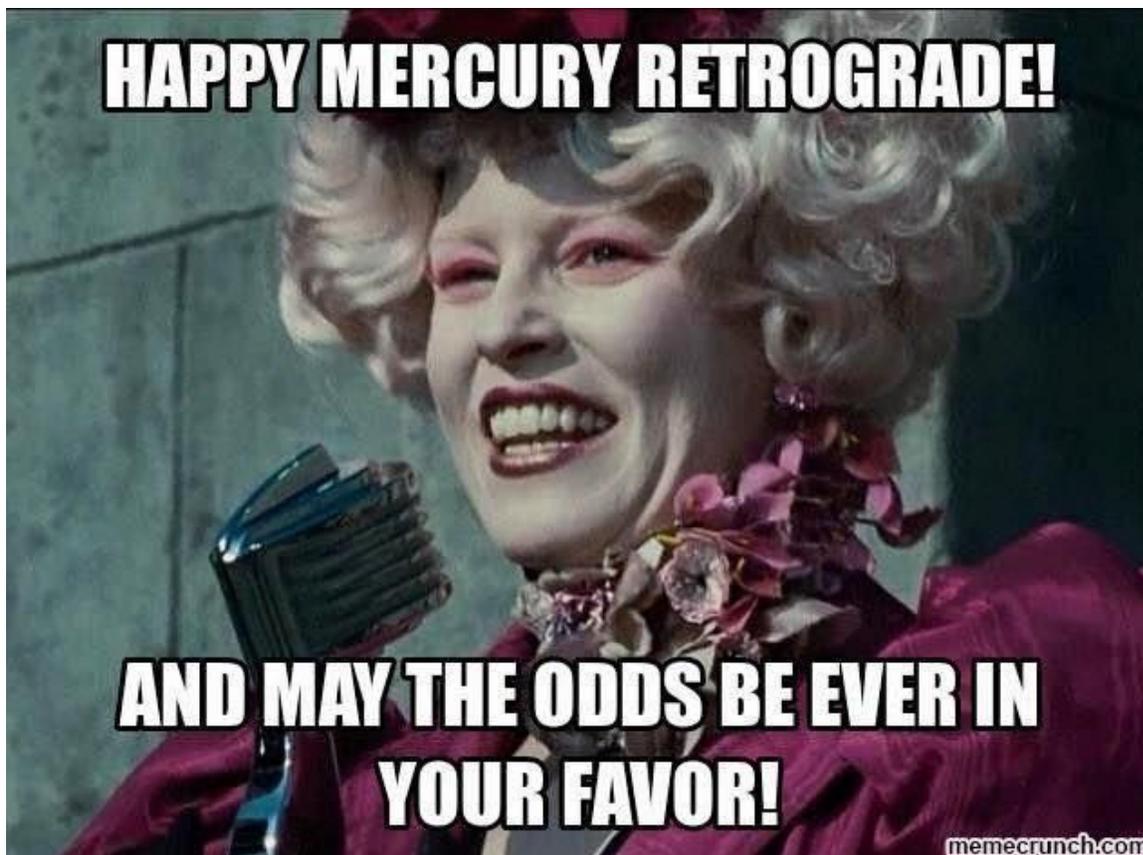
It's similar to a weather forecast. When you watch the weather report and they tell you there is going to be a 60% chance of rain. The forecasters are giving you a heads up, and then, you get to decide whether to bring your umbrella with you for the day or leave it behind.

Oh Lord, Here We Go Again with Spiritual Propaganda!

If you're active on social media, you've probably seen people talking about the Mercury retrograde and everything that can come with it. But it has a bad reputation.

Most people focus on the doom and gloom of this 3 week experience that happens up to 4 times a year. But if you are sensitive like me, you feel it 2 weeks before during the pre-shadow phase and 2 weeks after in what is called the post shadow phase.

You may have seen meme's like this



Or this:



MERCURY
MADE ME DO IT..



I want you to feel like this:



Truth be told it can be the most potent time of spiritual alchemy. And I have been an advocate for harnessing the energies of Mercury Retrograde for about 3 years. I often encourage people to face their own shadow during the "shadow phase" of Mercury~ more on that later.



This is my intention in writing this report. **I want to give you an energetic head's up so that you can manage your energy and attention with intention and divine purpose rather than creating by default.**

A little back history and science.

Astronomy refers to the study of the universe ~beyond~ our planet; while astrology is the study of how everything beyond Earth impacts us.

Let the weight of this truth sink in. Just breathe deep.



Everything affects us and we affect everything because Everything is ENERGY.



Many cultures in the past watched the movement of celestial objects across the night sky. There is NOTHING New (c)Age about observing the planets and noticing their effect on us. This is OLD AGE; astrology was the FIRST astronomy.

I just had to clear up this distinction for a deeper understanding.

I study the people who study astrology because I teach people how to manage their energies so they have more of it.

Energy Conservation!

I'm all about it. And yet, how can you conserve it if you don't know where you're wasting it? Our energy is like currency and that which we "pay" attention to we invest this energetic currency in and appreciate or deplete our energetic bank accounts. We want to be conscious of where we are investing our time and energy and where we may be depleting our emergency reserves.



Here's a solid truth that can weigh someone down if looked at from a narrow perspective:



The energy of the planets affect us whether we "believe" in it or not.



Let that sink in, just breath into it.



If you are not clear on this, you may be one of the people who is wasting energy during retrogrades.



Ok, you've heard the word retrograde quite a few times, so what is it really and why does it affect us so much?

Mercury in Astronomy

Every single planet in the sky has an orbit around the sun and Earth. The retrograde periods of all the planets have to do with the orbital relationships as they brush elbows with each other and our planet. So, if all planets retrograde, then why does mercury affect us so much?



Well Mercury's orbit is quicker and it has an energetic exchange with Earth between 3-4 times a year so it's noticed more.



The phenomenon can be compared to when you're driving on the highway past another car. If you're going fast enough, it can look like the car next to you is completely still or moving backward.



It's all about the relative positions. Where you are and what's happening around you can look weird once things start moving next to each other. For Mercury it's about the orbital relationships between Earth, Mercury and the sun. So when mercury is brushing elbows with Earth, because it's so close to us it impacts us by casting a shadow over our planet and appears to go backwards in the sky.



The Federal aviation administration reports more miscommunication and flight delays than any other time of the year. The cb radios are always a buzz with lots of chatter during these times.



While there's a logical astronomical explanation for why Mercury appears to change course, astrologers believe something more significant is at play.

Mercury in Astrology

Mercury retrograde is the only event that affects everybody across the globe whether they are aware or not. However, it does affect Virgo and Gemini more because they are ruled by the planet.



I am a Virgo. When I first learned about this phenomenon, I felt victimized. I wasn't as spiritually developed yet. I felt like this event was happening TO me rather than FOR me. My perceptions have widened and my perspective has definitely changed. I feel empowered now because I have learned to harness the energies presented to us in a way that benefits me.



When Mercury retrogrades, the conditions within our life story are changing, but we can't yet see the direction things are moving in. We can become disoriented. The world is in flux during this time. Mercury's shadow has been cast upon us and we all know what dwells in the shadows.

This the first Mercury retrograde of 2020 and it occurs in the sign of Pisces.

Mercury will be retrograde 3 times in 2020:

- 1. February 17 – March 10: in Pisces and Aquarius**
- 2. June 18 – July 12: in Cancer**
- 3. October 14 – November 3: in Scorpio and Libra**

•Pre-shadowPeriod: **February 1- February 17**

•ActualRetrogradePhase: **February 18- March 9**

•PostShadowPeriod: **March 10 to March 29**

What does this celestial event truly signify?

This is the **FIRST MERCURY RETROGRADE OF THIS DECADE** SO IT'S A PIVOTAL TIME OF **Re's**. A great time to reflect on the past **DECADE** and "revisit" our life goals.



Mercury helps you sift through the data of the last 10 years and kinda like a computer defrag; it gets rid if the junk memories to hold strong onto the memories that matter.



It's a great time to "rewrite" your life story. "Reframing" According to The Social Work Dictionary can be defined as, "A technique used by therapists to help families (and individuals) understand a symptom or pattern of behavior by seeing it in a different context (Barker, 2003). But you can use this technique by setting the intention to broaden your perceptions about any current situations that will ultimately lead to a new perspective.



Can you look at the situations that were troublesome as messengers of personal evolution? Can you look at the people who caused you pain as messengers of lessons learned?



If miscommunications arise during this time period, it's best we put our listening ears on and allow ourselves to process what is being said rather than listening to react.

Benefitting from Mercury Retrograde

Not only is Mercury retrograde notorious for bringing people and exes out of the woodwork, this one occurs just two days after **Valentine's Day**. Many folks end up feeling nostalgic around this time giving 2nd chances to people you know dang well you need to stay away from. **Don't be one of them**. Be prepared for this possibility, both as a potential sender and receiver of such text messages.

Simple Solutions for Integration:

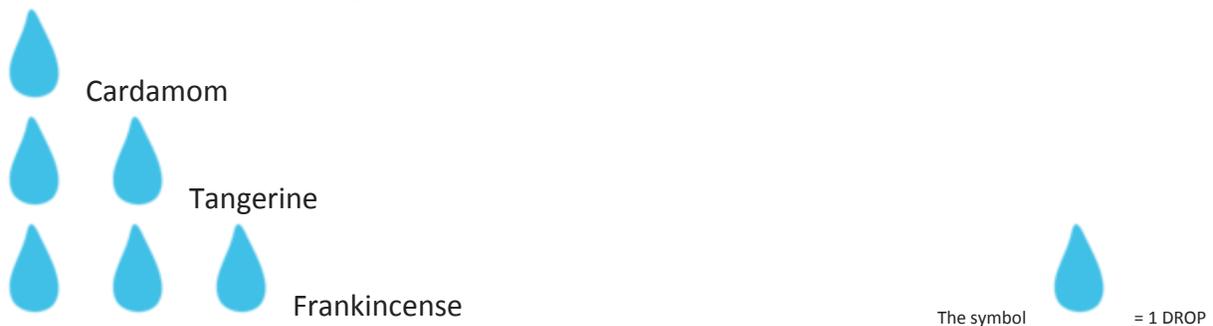
Using mantras: (originally in Hinduism and Buddhism) a word or sound repeated to aid concentration in meditation:

My Mercury Mantras

React less respond more ~ Stress Less Strategize More

Essential Oils (distilled volatile organic aromatic compounds with regenerative purposes)

Here's an essential oil blend to see things objectively, to be cheerful and creative in our conversations while standing in the truth of it all.



Use this combination in a high-quality diffuser built to support the volatile compounds in these high-quality oils. These oils, especially Frankincense and the citrus oils will eat through plastic Styrofoam, melamine and other man made items. Use only in glass, wood, ceramic, or metal.

You can do a **proper essential oil experience** with each one back to back. Instructions on how to do this are near the end of this forecast.

Advanced Solutions: Gather with Community

WHEN YOU FEEL CALLED TO GATHER WITH COMMUNITY!

JOIN US ON THE BEACH IF YOU ARE A REIKI PRACTITIONER. If you are not, you can be my special guest. 2020 is the year of clarity insight and integrity but it is also the year of collaborations and partnerships.



BEACH Reiki Tampa Bay

Once a month we join together in commUNITY to pray over the water, learn about water conservation and include both men and children into this elemental Reiki experience.

Like our fb page BEACH Reiki Tampa Bay facebook @healerscollective

Here's the link to the events page <https://www.facebook.com/events/2493810150887079/>

Next Beach Reiki is Sunday March 1

join the group to stay informed about each location monthly.



Here's the link to the **Beach Reiki Tribe**

<https://www.facebook.com/groups/549937315339738/>



How will this Mercury Retrograde affect the Zodiac?

I break it down simply and suggest an essential oil for each sign that will support emotionally during this transit. I hope you enjoy.

MERCURY RETROGRADE



It will affect the water signs intensely.

“As an element, most of the interesting things about water lie under the surface.

Water itself also has a tendency to sink and find the lowest place.

Similarly, water signs tend to be more introverted, subjective, and emotional in their actions and reactions to the world.

Just like fish, which can sense far off vibrations through their lateral lines,

water sign people can often sense things in their environment

before they can be readily seen and identified.

And this process is going on even when we are unaware of it.”

~Astrology.com

the following zodiac explanations paraphrased from <https://www.yearly-horoscope.org/mercury-retrograde-2020/>

Fire signs

Aries/Aries Rising

Miscommunication or Re-do's in the area of home, family and past. You are being urged to "review" your relationships in these areas.

Douglas fir ~ Oil of Generational wisdom

it is steam distilled from the needle and branch material that offers an airy christmasy aroma. It teaches us that each generation brings its own gifts with it and helps us connect with the Dharma of our ancestors through valuing the experiences of others. Use when wanting to move beyond generational karma.

Leo/Leo Rising

Miscommunication or Re-do's in the area of long term partnerships. You are being urged to raise the bar on the kind of people you allow in your life. Congratulations to those who are already leveling up with higher quality connections.

Cedarwood ~ the essential oil of community.

It is steam distilled from the bark of the tree and has an earthy grounding scent. Use when wanting to connect with the community to attract your tribe. Use when having difficulty forming social bonds or when feeling supported to maintain that frequency.

Sagittarius/Sagittarius Rising

Miscommunication or Re-do's in the area of finances and creativity. You are being urged to come up with creative ways to spend less while having more fun.

Wild Orange ~ essential oil of Abundance

Cold pressed from the rinds of florida oranges, it reminds us that we are highly blessed and favored and helps us focus on the things that make us abundant. Use when feeling emotional or diving into lack mindset. It addresses all emotional issues.



Cancer/Cancer Rising

Miscommunication or Re-do's in your personal energy field. You are being called to manage your energy well and limit distractions.

Lemon is cold pressed from the rind of the fruit of the lemon tree and has a pleasant citrus aroma. It's the essential oil of focus and teaches people to be mentally present by focusing on one thing at a time. Use when feeling mentally fatigued, have learning issues or disengaged. It invokes mental clarity and rationality.

Scorpio/Scorpio Rising

Scorpios will not be heavily impacted by Mercury Retrograde. Collectively you are so focused on your path, stay on the path. You are being activated to get creative connect with others and revisit OLD PROJECTS inviting collaborative efforts.

Blue Tansy ~ oil of inspired action

Flower/Leaf/Stem is steam distilled and offers a mellow balsamic aroma. It supports those who resist taking action to change or transform their circumstances. It supports us when having emotional setbacks.

Pisces/Pisces Rising

This retrograde is happening in your sign and therefore, you may feel it more intensely than any other MRx prior. You may actually quantum leap in your ascension process from all the work you have been putting in over the last 3 years. This can be a super Yummy time for you. You are being urged to operate from your intuition right now.

Clary Sage - the essential oil of clarity and vision

The flower and leaf is steam distilled to create a woody, herbal, coniferous scent that is relaxing, soothing and balancing. Use when feeling confused, spiritually disconnected, hopeless or blocked creatively. Clary Sage assists individuals in changing perspective giving courage to see the truth. Apply on the forehead between the eyebrows on the 3rd eye.



Virgo/Virgo Rising

This is the planet you are ruled by so you will be affected significantly in your social settings. The energy coming is actually supportive and yummy so if you are struggling, you have shadow work to do. You are being urged to avoid isolation and ex's.

Tea Tree ~ *it's the essential oil of energetic boundaries. The leaves are steam distilled and provide a green herbaceous aroma. It keeps the energy vampires away. It also releases parasitic and codependent relationships. Use when feeling powerless, weak willed, when you have poor boundaries or experiencing emotional toxicity. It invokes empowerment, resilience and supports respectful connections.*

Taurus/Taurus Rising

Miscommunication or Re do's in the area of work and romance. You are being urged to focus more on how you process your emotions. Get Grounded!

Arborvitae ~ *the oil of divine grace. Its Latin name means to sacrifice. The saw dust is steam distilled for a pleasant woody aroma. Use when feeling fearful controlling, distrusting. It helps people surrender their will to a higher power and to trust the natural flow of life.*

Capricorn/Capricorn Rising

Miscommunication or Re-do's in the area of self expression. You are being urged to face your feelings and release them before they have a negative impact in your life. Get Grounded!

Vetiver ~ *the essential oil of centering and descent. The root is steam distilled and provides a smoky sweet woody aroma. It assists in becoming more rooted in life. Use when feeling scattered, stressed, disconnected or apathetic. It invokes feelings of groundedness emotionally aware and connected.*



Gemini/Gemini Rising

I'm sorry Gemini, but you might feel disappointed throughout this whole phase. To avoid sinking emotionally>>>>>> activate your inner child. Detach from others if you have to and focus on play and being creative.

Ylang Ylang ~ oil of the inner child

The flowers are steam distilled and offer a rich floral aroma. It assists in releasing emotional trauma and helps access your intuition and heart knowing.

Libra/Libra Rising

Miscommunication or Re-do's in all areas of your work life. You are being urged to smile in the face of adversity and handle challenges with a positive outlook. Fall back from work and focus more on your life Partner.

Cardamom ~ oil of objectivity

The fruit of the pod is steam distilled and offers a spicy balsamic aroma. It assists individuals in breaking down or digesting intense emotions by redirecting energy to the solar plexus, the center of responsibility. It helps purge emotional distortions.

Aquarius/Aquarius Rising

Miscommunication or Re-do's in the area finances and security when it comes to your path. Mercury will have a greater effect on your communications and thinking as it moves back into Aquarius [in March]. You are being urged to step into your calling without fear of financial stability.

Litsea ~ oil of manifesting

It is a powerful mobilizer of the will. Use when feeling criticized and doubtful. It assists in the manifestation of infinite possibility.

So, what now?

Take the suggestions in stride and when you are stressing, use the essential oils to reawaken into your body. Reading each description helps you understand yourself first but then helps you relate to others from this vantage point.

Thank you for purchasing this Energetic Forecast. May the force be with you.

Again, My name is **Melania Mersades** and my purpose in life is to first, help you feel better and then second, help you embrace your gifts so you can be the most authentic version of yourself.



Read below for a protocol on how to use essential oils safely and effectively.



Essential Oil Protocols save my life every time I am suffering from anxiety. And this Mercury Retrograde is really affecting me emotionally.

So what oils do I use?

I specifically use **doTERRA** because they are the most tested most trusted essential oil on the market. Their values and mission statement align with my High Moral Code.

These Certified Pure Therapeutic Grade essential oils are Medicinal and safe to ingest. They are labeled by the FDA as Generally Recognized as Safe (supplemental facts label) and have the highest purity and potency. PERIOD.

How are they used?

Aromatically

in a quality diffuser, on diffusion jewelry or inhaled out of the bottle or in your hands.

If you want to see the jewelry I make visit

<http://www.melaniasheralingedge.com/levelup/personal-diffusion-jewelry>

Topically

Placed on the pulse points of the body, on the bottoms of the feet or added to a carrier oil and rubbed on the whole body.

Internally

Add it to your water or put it into a vegan capsule with a few drops of olive oil. >>Please use these oils internally under the supervision of a doTERRA Wellness Advocate (that's Me) or Aromatherapy Specialist.

A proper essential oil experience:

Here's what to do when you are feeling emotionally charged:

Notice how you feel first. Rate yourself from 1 – 10

(1 feeling you're lowest emotionally and 10 feeling your best emotionally)

- ➡ Take 1 drop of the recommended essential oil
- ➡ Rub it into your hands near the face
- ➡ Breathe in for 3 deep breaths.
- ➡ Rub the back of your neck for another 3 breaths but slower inhales and exhales this time.

Then notice how you feel after.

Re-rate yourself from 1 - 10

Did anything shift? Change?



It may be helpful to journal your essential oils experience.



How do I get these oils?

↓ Wait, what? You don't have these oils?
Are you ready to begin your essential oils Journey?
When you purchase from doTERRA, I become your Essential Oil Mentor and we begin the learning process together.

Follow link to order retail

<http://bit.ly/MelaniaMersades>

➡ I can show you how to get your oils for up to **55% off retail**, or free if you want to start this as a business.



These recommendations in this forecast are not intended to diagnose, treat nor substitute for sound medical advice. Usage of the recommendations is at the sole discretion of the person using the oils. Please get with the Wellness advocate that introduced you to doTERRA to work on a lifestyle plan for you and your family.

HAPPY MERCURY RETROGRADE IN PISCES



STAY CONNECTED

Would you like to join the currently free group ~*SelfCare Sanctuary*~ to connect with the awakened who focus on Radical Self Love and Self Care as a lifestyle?

Join the group

<https://www.facebook.com/groups/1752204615020612/>



I go live on FB at 9:30pm EVERY TUESDAY NIGHT offering free energy clearing and mini chakra readings. JOIN US!



Are you living in the Tampa Bay area looking for a massage professional that offers energy focused Bodywork?

Visit |

<http://www.melaniashealingedge.com/healingbymelania.html>

If you want to learn more about Melania Mersades click here

<http://www.melaniashealingedge.com/aboutmelania.html>

essential oil descriptions adapted from/paraphrased from Essential Emotions 7th edition by Enlightened publishing

MERCURY RETROGRADE

